Sunrise Sunset Haiku Writing
for Teens and Adults

Sunrise and sunset invite us to open and close our day with a peaceful moment outdoors. Let your nature observations inspire art with this relaxing writing exercise.

**ITEMS YOU WILL NEED:**
A peaceful outdoor spot, a notebook, and pen/pencil

**OPTIONAL EXTRAS:**
Camera or art supplies for capturing your inspiration

1. Haiku is a form of traditional Japanese poetry which describes a brief moment and is often inspired by nature. Find a comfortable spot to sit. Pull out your notebook and pen so they are handy, but set them aside.

2. Haiku are short—only three lines, as they are meant to be said in one breath. Begin by finding your breath: inhale deeply, exhale slowly, and repeat. Close your eyes. Feel the ground beneath you and the air on your skin. What else can you feel, hear, smell?

3. Focusing on what you sense is both key to nature observation and a useful technique for grounding and centering oneself. Jot down words or phrases to capture your impressions. Be descriptive!

4. Traditional haiku are three lines, following a 5-7-5 pattern: the first and last lines are made up of five syllables each, while the middle line has seven. Don't fret if that seems complex—write first, count syllables after. Expressing your impressions is key. Remember, the goal is to relax and try something new!

5. Aim to “show, not tell.” Haiku rely on descriptive imagery to impart an impression. Haiku beautifully complement nature observation: both are characterized by description, insight, and openness.

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**TO FURTHER EXTEND THIS ACTIVITY:**
Familiarize yourself with the rhythm of haiku by reading examples [here](#).
Find more tips for writing haiku [here](#).
Illustrate or take a photo of your inspiration! Share your nature poetry and art on [Instagram](#) or [Tiktok](#) and tag us, @cincynature.